

ARMY AIR FORCES

PHYSICAL FITNESS TEST AND RECORD CARD

(AAF Reg. No. 50-14, Sec. 4, Par. 7c)

Name J. H. GARDNER Rank or grade 2nd  
(First) (Last)  
Age 25 yrs. Height 68 in. Serial No. 0-520497

CUMULATIVE RECORD

TEST No.	STATION	SQUAD- RON	DATE	WT.	P. Physical F. Fitness R. Rating
I	LBAAF	18th	4/15/43	156	52
II	HAF	2nd	7/15/43	156	52
III	HAF	58th	11/22/43	156	52
IV	LAIDFIELD	1404	5/12/44	154	54

(Use the following procedure on opposite side for recording.)

SCORING PROCEDURE.—John Doe makes the following record: He sits-up 37 times, circles score 37 (does not circle performance record); chins 8 times, circles score 8; runs the shuttle-run in 53 seconds, circles score 53; adds the three scores:  $52 + 49 + 52 = 153$ ; locates 153 (the nearest number is 156) in "Sum of Scores" in column under P. F. R.; circles the P. F. R. score 52, which is to the right of 156. Thus 52 is the Physical Fitness Rating of John Doe, which places him in the "Good" category. Whenever the number which represents the performance record, or sum of scores is not listed, select the nearest number and properly record.

PHYSICAL FITNESS PROFILE.—To make profile, connect each circle with a straight line.

16-34185-1

ACHIEVEMENT SCALES

SIT-UPS		PULL-UPS		SHUTTLE-RUN		Sum of Scores	P. F. R.
No.	Score	No.	Score	Sec.	Score		
114	100	24	100	34	100	300	100
108	98	23	98	35	98	294	98
102	96	22	96	36	96	288	96
96	95	21	95	37	95	285	95
90	93	20	93	38	93	279	93
85	90	19	90	39	90	270	90
81	85	18	85	40	85	255	85
77	81	17	81	41	81	243	81
73	78	16	78	42	78	234	78
69	75	15	75	43	75	225	75
66	74					222	74
64	73			44	73	219	73
62	72	14	72	45	71	216	72
60	70					210	70
58	68	13	68	46	67	204	68
56	66					198	66
54	65	12	65	47	65	195	65
52	64					192	64
50	63	11	62	48	63	189	63
48	61					183	61
47	60			49	60	180	60
45	58	10	68	50	58	174	58
44	57			51	56	171	57
42	55					165	55
40	54	9	54	52	54	162	54
38	52			53	52	156	52
36	50	8	49	54	50	150	50
33	48			55	48	144	48
31	47					141	47
30	46	7	45	56	46	138	46
29	45					135	45
28	44			57	44	132	44
27	42	6	41	58	42	120	42
26	40			59	40	120	40
25	38	5	38	60	38	114	38
24	36			61	36	108	36
22	35	4	35			105	35
21	34			62	34	102	34
19	33	3	32	63	32	99	33
17	30			64	30	90	30
15	27	2	26	65	27	81	27
12	23			66	23	69	23
9	20			67	20	60	20
6	17	1	17	68	17	51	17
3	15			69	15	45	15
1	10			70	10	30	10

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